

# Community Connection

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# Laboratory Expansion Offers State-of-the-Art Capabilities

The Licking Memorial Hospital (LMH) Laboratory Department is undergoing significant renovations and equipment upgrades. The Core Lab, which performs testing for chemistry and hematology, is responsible for the majority of the testing completed in the Department, totaling over 5,000 tests per day. A two-year research and evaluation process to select the proper vendor and equipment included demonstration units, allowing staff to test equipment functionality and accessibility. Four new instruments will be installed and upon completion, which is expected in April 2019, LMH will be the only Hospital in the state with this combination of instrumentation and testing capabilities.

Currently, the Laboratory areas are sectioned off by aisles that obstruct the view of employees and inhibit communication between them. Patient samples are dropped off at various locations making workflow inefficient. The new open-concept Laboratory will allow employees to see one another visually, improving interdepartmental communication and teamwork while reducing errors.

Throughout several stages, an automated track system will replace the current layout. This technology will help streamline the work of Laboratory employees. Presently, many Medical Laboratory Scientists spend a considerable amount of time on process tasks, unable to fully utilize critical thinking and technical skills. The new automated system will perform many of these manual steps that take additional time. A Medical Laboratory Scientist will be able to focus more closely on the samples that need their technical expertise and less time on duties such as sorting, de-capping, re-capping, storing and retrieval. This focus will result in more predictable turn-around times, an increase in sample tracking, and fewer human errors.

The new equipment is engineered to optimize run time by allowing the operator to load reagents without any pauses in sample testing. The single loading point for specimens also will increase efficiency. After the testing phase of the specimen is completed, it is routed to the sealer module to prepare the specimen for archival and storage. After each specimen is sealed, it moves to the refrigerator storage unit. The 9,000-sample refrigerated storage module accurately tracks all specimens contained inside, allowing the Medical Laboratory Scientist to locate and retrieve any specimen needed for additional testing. It also automatically locates and discards samples that are expired. The current method requires the Medical Laboratory Scientist to manually file the tubes in order, so each can be located if needed. This method leaves a chance for error and potentially can be counterproductive if a specimen is filed incorrectly.

Additionally, as samples move through the automated track system, specialized modules perform tasks that eliminate possibilities for employees to be exposed to samples that could potentially contain infectious materials. Several new instruments possessing updated technology will be situated along the automated track, acting as the workhouse for the Lab and providing fast and accurate results. Each piece of equipment offers an administrative suite of reporting mechanisms, providing timely and accurate data. The updated instruments can perform up to 240 tests per hour even during peak workload. Backup equipment also will now be available.

“This is an extremely exciting project for our Department,” said Lorei Reinhard, Director of Laboratory Services. “As a community hospital, we are proud to be able to offer such timely, comprehensive

testing to our patients, while enhancing the work environment for our employees.”

Furthermore, the new design features movable workspaces, allowing for future expansion, increasing efficiency as other laboratory fields are added to the line. The renovation, which will cost more than \$1 million, is a long-term investment for LMH and incorporates numerous aspects of construction, including electrical, plumbing and information systems.



# LMHS Medical Campus Expansion Project

In early July, Licking Memorial Health Systems (LMHS) began construction on a 32,210 square foot addition to the Licking Memorial Medical Campus located at 1717 West Main Street in Newark. The Medical Campus building sits on nearly 14 acres of property that was originally purchased in 2004. Currently, the LMHS facility is the location for three medical practices: Center For Sight, Licking Memorial Family Practice – West Main and Licking Memorial Orthopedic Surgery.

The Medical Campus addition, which will mirror the design of the existing building, will serve as the new location for expanded Physical, Occupational and Speech Therapy services to accommodate patient needs. Dermatology and Gastroenterology physician offices, as well as a Wellness Center, also will be located in the expanded facility. In addition, an extended parking area and an access road from Terrace Drive are included in the project.

The general contractor is Corna Kokosing and several local companies are assisting with the project, including Guttridge Plumbing and Claypool Electric. Construction is projected to be completed by May 2019.



# Alternative Therapy Improves Symptoms of Depression

Repetitive transcranial magnetic stimulation (TMS) is a noninvasive procedure that uses magnetic fields to stimulate nerve cells in the brain and improve symptoms of depression. TMS is used for the treatment of major depressive disorder in adult patients who have failed to achieve satisfactory improvement from prior antidepressant medication. The therapy also has shown benefits for patients experiencing postpartum depression.

During a TMS session, a small electromagnetic coil is placed against the scalp above the targeted area of the brain, called the prefrontal cortex. This part of the brain is involved with mood regulation. The electromagnet painlessly delivers a magnetic pulse that stimulates nerve cells in the brain. The therapy generates a highly concentrated, magnetic field, which turns on and off

very rapidly. TMS magnetic fields do not affect the whole brain, but only reach about 2 to 3 centimeters into the brain directly beneath the treatment coil. During the process, the magnetic fields move into the brain and produce very small electrical currents. Each magnetic field is the same type and strength as that produced by a magnetic resonance imaging machine. The electrical currents activate neurons within the brain which are thought to release neurotransmitters, such as serotonin, norepinephrine and dopamine, that treat depression. These are the same neurotransmitters that are provided artificially through antidepressant medications; however, TMS provides such directly.

TMS does not require any anesthesia or sedation, as the patient remains awake and alert during the treatment. Patients are seated during each session

and typically feel a tapping sensation under the treatment coil. Individuals are required to wear earplugs during treatment for their comfort and hearing protection, as TMS produces a loud clicking sound with each pulse. Each treatment lasts about an hour with the entire treatment course consisting of five treatments per week over a six-week period. Adverse effects are uncommon, but can include feelings of lightheadedness, temporary hearing problems, mild headaches and tingling in the face, jaw or scalp.

The TMS procedure is now available at Licking Memorial Outpatient Psychiatric Services. The office is open Monday thru Thursday, 7:30 a.m. to 5:00 p.m., and Fridays, from 8:00 a.m. to 4:30 p.m. For more information about alternative treatments, call (220) 564-4873.

# LMH Supports National Mammography Day with Free Mammogram Program

Licking Memorial Hospital (LMH), Licking Memorial Women's Health and Tri-County Radiologists, Inc., will offer free mammograms to qualifying low-income women in order to promote the importance of breast cancer screening awareness. LMH will sponsor screenings on National Mammography Day, which is on Friday, October 19. Tests will be performed from 7:00 a.m. to 5:30 p.m. in the Women's Imaging Center at LMH and Licking Memorial Women's Health, located at 15 Messimer Drive in Newark. The number of free mammograms will be limited to 75. Any woman who is interested in receiving a free mammogram at LMH should contact her physician for more information and a referral.

- Must be uninsured, or not eligible for Medicare or Medicaid
- Must have a physician's referral
- Should have no symptoms of breast cancer
- Must not have received a free mammogram from LMH in the last 12 months

The free tests apply only to screening mammograms. The X-rays will be interpreted by Tri-County Radiologists, including Edward Del Grosso, M.D., Joseph Fondriest, M.D., Daniel Kennedy, M.D., Lisa Lee, M.D., Owen Lee, M.D., Timothy Lifer, D.O., and Geoffrey Siesel, M.D. If the results of the screening mammogram indicate that the patient needs further testing, the follow-up mammogram will not be covered under the free program. However, financial assistance programs are available

if follow-up is required. Information regarding the Hospital Care Assurance Program can be obtained at the LMH Cashier's Office, located on the First Floor near the Betsy Eaton O'Neill Health Resource Center.

- In order to be eligible to participate in this program, women must meet the following criteria:
- Must reside or work in Licking County
  - Must be at least 40 years old

# LMH Acute Inpatient Rehabilitation Staff Reunites with Former Patients

A special reunion event at Licking Memorial Hospital (LMH) on August 16 reconnected former patients of the Acute Inpatient Rehabilitation Unit with the staff members who helped them become more independent after an illness, accident or surgery. The patients and their guests enjoyed a catered dinner in the LMH Café, received massages and blood pressure screenings, explored informational tables, and met others who also participated in acute rehabilitation.

Licking Memorial Health Systems Vice President Development & Public Relations Veronica Patton welcomed the attendees and introduced Acute Inpatient Rehabilitation Medical Director David Koontz, D.O. Dr. Koontz thanked the former patients for attending the reunion and for allowing the Acute Inpatient Rehabilitation staff to be part of their recovery process.

"Our goal is not to get you out of the Hospital, but to help you resume a normal life at home. Your attendance tonight is a testament to your hard work and the dedication of our staff members. I am thankful for the opportunity to work with

the great team we have on the unit and to celebrate the tremendous progress each of you have made," Dr. Koontz said.

The featured speaker was Marilyn Sundin, a Chicago native who has resided in Granville since 1957. She received her Master of Fine Arts in Theatre from The Ohio State University, then served as the Academic Administrative Assistant at the Denison University Department of Theatre from 1978 through her retirement in 2017. She also has been active with the Licking County Players and Weathervane Playhouse as an actor and director.

In her more than 60 years as a Licking County resident, Marilyn had numerous positive experiences at LMH that gave her great confidence in the care she would receive following hip replacement surgery. Three days after Kevin Ouwelen, M.D., of Licking Memorial Orthopedic Surgery, performed the procedure in April 2018, Marilyn was transferred to the Acute Inpatient Rehabilitation Unit. She participated in physical and occupational therapy for three hours per day and credited the staff for her ability to recuperate and resume her day-to-day activities.

"I can't begin to count the ways the Acute Inpatient Rehabilitation Unit prepared me for my trip home," Marilyn said. "Once I was released, I continued my prescribed exercises every day. The efforts paid off two months after surgery when the walker I had been using for assistance permanently went into the attic. The work all of the staff members did with me while I was a patient on the Unit enabled my quick recovery. All I can say is thank you."

The Acute Inpatient Rehabilitation Unit opened in 2012 on the Hospital's sixth floor and is a specialized care center that provides at least three hours of skilled therapy services per day, five days per week to patients who have experienced an illness or injury. The care team includes specially trained professionals including nurses, social workers, physicians, dietitians, and physical, occupational and speech therapists who work to improve the patient's functional status and mobility so that they may return home and live as independently as possible.



# Behind the Scenes – Environmental Services

Many of the staff members serving in the Licking Memorial Environmental Services Department actively work behind the scenes throughout the facilities and at public functions sponsored by Licking Memorial Health Systems (LMHS). The Department consists of 107 employees in Housekeeping, Laundry and Transportation. While the three areas include a number of different jobs, the staff members work closely together to function as one in support of LMHS' mission to improve the health of the community.

The employees in Housekeeping are among the most visible members of the Environmental Services Department. In addition to cleaning common areas and patient rooms at Licking Memorial Hospital (LMH), the Housekeeping team also is responsible for the upkeep of over 30 LMHS buildings in Licking

County including physician offices, the Urgent Care facilities, the Medical Campus at 1717 West Main Street, the Pataskala Health Campus and the 2000 Tamarack Road facility. Those involved in the upkeep of patient rooms often find themselves contributing to patient care by fulfilling requests for assistance, or spending time visiting and talking with someone who may need a sympathetic ear. "I treat the patients as though they are my own family," said Bobbi Cooper, an Environmental Services Assistant. "I do what I can do to help or just listen. I always try to stay positive and walk in with a smile."

When considering candidates to hire for the team, the management looks for people with experience in the hospitality industry, who have good customer service skills, are able to interact well with people, and are detail-oriented. "The position requires the employee to follow a complex set of protocols to make certain every precaution is taken for the health and wellbeing of patients,

as well as the LMHS staff," said Jim O'Bryan, Director of Environmental Services. In addition to an ongoing cleaning schedule, the group works closely with Director of Infection Prevention Jeanne Emmons to acquire advice on the best practices to safeguard those who enter an LMHS facilities.

In the Laundry Department, employees care for the gowns, towels and bedding for patients. "The staff working in the Laundry area are constantly moving – they never stop," said Denise Matthews, Environmental Services Manager.

In addition to the daily needs of the Hospital, the Environmental Department also plays a pivotal role in community events. "Each group is important for support of area community events as well as keeping the facilities running smoothly," said Jim. Linen Services often cleans the custom tablecloths used at events at LMHS buildings and in the community and also are instrumental in the upkeep of the two costumes used

by volunteers to portray the LMHS Mascot, Scrubs. The Transportation Department transports equipment, food, signs and other items needed for the success of such occasions as the Red Dress Event, "For Your Health" 5K, Family Movie Nights, and Active•Fit, Active•Senior and Walk with a Doc events.

The Transportation couriers work staggered shifts in order to distribute interoffice mail, deliver supplies and pick-up and deliver lab specimens throughout LMHS' many outbuildings and physician offices, as well as local nursing facilities. LMH Shuttle drivers spend much time in the parking lot assisting patients; however, the drivers also can be seen at area events shuttling participants from parking areas to the main event areas. "It takes every one of us to complete the circle of service and care. Each job is important to the LMHS mission to improve the health of the community," Denise said regarding the duties of the employees in the three departments.

The three distinct sections of the Environmental Department form one cohesive unit that works to care for the facilities, patients and employees. The group also strives to be environmentally conscious. According to Jim, over 33.5 tons of material are being recycled each month including cardboard, blue plastic wrap, paper, plastic and electronics. Sometimes those looking to begin a career in health care will seek a position with the Environmental Services team, then transfer to other areas of the organization. Denise says it makes her proud to see those employees continue their education and find success with LMHS. She knows they have performed well on the Environmental Services team, and that they will continue to be a valuable asset for the Hospital.

# Culinary Services Nationally Recognized for Plant-based Recipe

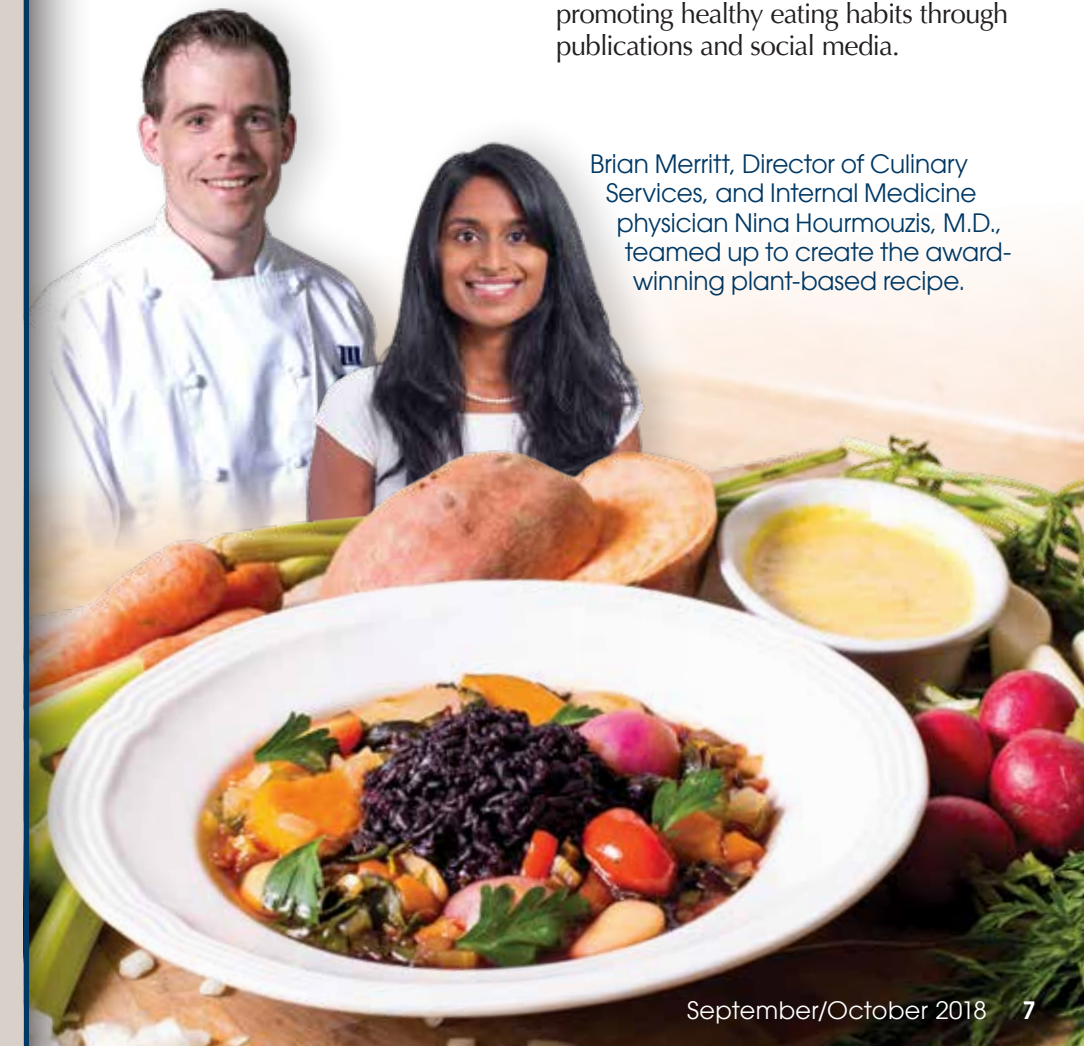
Licking Memorial Culinary Services created a special recipe to submit to Health Care Without Harm's "Health Care Culinary Contest: Reimagining Hospital Food." The organization encourages hospital chefs to work with clinicians to improve the quality of the hospital's food and to purchase ingredients that are healthy for people and the planet. For the contest, it was suggested that the recipe be plant-based or use a less-meat strategy. Having a physician sponsor the recipe also earned points in the competition.

Chef Brian Merritt, Director of Culinary Services, joined with Nina Hourmouzis, M.D., of Licking Memorial Internal Medicine, to create a plant-based recipe for Garden-inspired Stew. Some of the

ingredients were grown in the Licking Memorial Hospital (LMH) garden. The stew was served in the Café and recipe cards were made available for those interested in recreating the dish at home.

The recipe was judged by members of Menus of Change, an initiative of The Culinary Institute of America and Harvard T.H. Chan School of Public Health. The group received submissions from hospitals throughout the United States. The awards were presented this spring at the 2018 CleanMed Conference in San Diego, California. LMH earned an honorable mention for the Garden-inspired Stew recipe. The judges praised LMH for highlighting a variety of fresh, local vegetables, incorporating a healthy sustainable oil, and for the support from Dr. Hourmouzis. LMH staff also received accolades for the marketing and promotion of the dish and for promoting healthy eating habits through publications and social media.

Brian Merritt, Director of Culinary Services, and Internal Medicine physician Nina Hourmouzis, M.D., teamed up to create the award-winning plant-based recipe.



# Licking County Youth Participate in the Third Period of the Active•Fit Program

Youth in Licking County, ages 6 to 12, participated in numerous events throughout the third period of the Active•Fit Program, including a field day and bowling. These events encouraged youth to exercise, eat healthy foods and maintain proper fluid intake for good health.

Approximately 145 youth attended the Active•Fit Bowling event, which was held on July 25. The event was hosted by Park Lanes Bowling Center in Heath and featured free bowling for youth attendees over a two-hour period that included glow light bowling. Healthy snacks were provided throughout the event.

On August 9, Licking County youth participated in the Active•Fit Field Day at Alford-Reese Park in Newark. Youth had an opportunity to join multiple activities throughout the event with snack/hydration breaks and water games to cool off at the end of the fun-filled afternoon. The children were divided into two age groups, ages 6 to 8 and 9 to 12, and participated in two games of choice, including flag football, soccer, kickball and freeze tag.

Participation in all Active•Fit summer events counted toward the Active•Fit Program Period 3 goals. The current period, complete with new goals, began September 1. All Program participants have an opportunity to choose and complete new wellness goals by December 31 to qualify for the next incentive prize drawing. Since 2012, the Active•Fit program has registered more than 4,600 participants who select health-related goals and track their progress on the Active•Fit website. For more information or to register for the Active•Fit Youth Wellness Program, please visit [www.ActiveFit.org](http://www.ActiveFit.org).



# Active•Senior Brunch Walk

Licking Memorial Health Systems (LMHS) invited seniors, ages 60 years and up, to the Active•Senior Brunch Walk in August. Participants enjoyed a walk beginning at the Rotary Park Pavilion in Newark while LMHS Director of Pastoral Care Jeff Smith discussed Advance Care Planning (ACP). A healthy brunch followed the walk.

ACP is an ongoing process that reflects a person's goals, values and beliefs to help guide current and future healthcare decisions. ACP allows individuals to receive medical care that is consistent with their wishes and reduces the stress of decision making on family and friends. "There are certain circumstances that may be appropriate for Advance Care Planning," Jeff said. "For example, an individual may or may not want to receive health care at the end of life because they feel they do not need or do not want medical aid. It creates a less stressful atmosphere for the surrounding family who may feel uncomfortable making those decisions."

Jeff also discussed the three items that are part of ACP discussions including living will, healthcare power of attorney and do not resuscitate (DNR) protocols. He discussed the importance of having a healthcare power of attorney under certain circumstances. A friend or family member may be elected as the healthcare power of attorney to make medical decisions if the elector loses the ability

to make their own decisions. "The person under care may elect a close friend or relative to as the healthcare power of attorney," Jeff Smith stated. "Even though it puts a weight on their shoulders, I have seen that it can bring families together in a time of need. It is a vital decision, but it shows the trust that one person has for another to make decisions of this nature."

Prior to assuming his current position in 2007, Jeff served as Licking Memorial Hospital's (LMH) Director of Pharmacy for 15 years. He was ordained as a minister in January of 2007 and earned a Master of Divinity degree with a concentration in Pastoral Ministry from Trinity Theological Seminary.

The Active•Senior program, designed to promote healthy lifestyles for adults ages 60 and older, focuses on the following goals:

- Encourage adults to stay physically fit and maintain a healthy diet.
- Motivate adults to challenge themselves intellectually and stay connected with friends and family.
- Help adults maintain a lifelong commitment to personal health and wellness.



For more information or to register for the Active•Senior program, please visit [www.LMHSActiveSenior.org](http://www.LMHSActiveSenior.org). Registration on the website allows participants to document their goal progress on an ongoing basis for the opportunity to win great prizes. Participants also may track their progress in an Active•Senior booklet, and then transfer the information to the Active•Senior website prior to the end of each program year in April. Booklets are available at LMH, Licking Memorial physician offices and other select community locations. For additional questions about the Active•Senior program, please contact the LMHS Public Relations Department at (220) 564-1560.



**Date:** Thursday, November 8  
**Time:** 3:00 – 4:00 p.m.  
**Location:** Licking Memorial Hospital Café

Join Licking Memorial Health Systems for the Active•Senior Bingo event. This free event will include bingo during a one-hour period, with many prizes for the lucky winners. Light refreshments and beverages will be provided.

Active•Senior Bingo is free and open to those ages 60 and over; however, registration is required and is limited to the first 145 registrants. To register, please call LMHS Public Relations at (220) 564-1560. Participation will count toward the Active•Senior program goals.

# Summer Fun and Education Provided through LMHS Summer Camps

During the months of July and August, Licking Memorial Health Systems (LMHS) hosted summer camps for local youth featuring active play and education, and based on various health-related topics including cancer and diabetes. The one-day camps offered an opportunity to meet other children and learn how to stay healthy. Licking County high school seniors also were invited to participate in a two-day camp to learn about careers in health care.

## Camp Courage

Camp Courage was designed to help reduce anxiety about cancer for children, ages 7 to 13, who have had an encounter with the disease – whether personally or through a close friend or family member. The day camp, held at Infirmary Mound Park in Granville, featured a superhero theme to encourage the attendees to find their superpower and create a T-shirt with a personally designed superhero logo. D’Anna N. Mullins, M.D., Ph.D., of Licking Memorial Hematology/Oncology, spoke to the group about overcoming fear, exercise, proper nutrition and making healthy choices. Cory Campbell, Pastoral Care Chaplain, spoke to the children about being comfortable with their emotions and finding ways to relax. He encouraged them to learn about topics they do not understand to help minimize fear. The children enjoyed healthy snacks, superhero training sessions and water games.



## Camp A1c

LMHS invited children, ages 7 to 13, who have diabetes to attend Camp A1c. Diabetes is a long-term health condition that causes high blood sugar and inadequate insulin levels in the body. This year, the group met at the Bryn Du Mansion Carriage House for the one-day camp featuring a survivor theme. Teams designed tribal flags and competed in activities such as the Boulder Dash, Discovery Challenge and Canteen Relay. LMH Community Wellness Dietitians discussed pitfalls of diabetes, carbohydrate counting and creating a balanced plate. Campers used their senses during the wilderness guessing game. Crafts included making shrunken head necklaces and survivor slime. Campers were encouraged to exercise often and enjoyed an inflatable obstacle course throughout the day. Winners of the Survivor Shelter Challenge earned a head start in the Survival of the Fittest water games.



## Camp Med

For area high school seniors, Camp Med offered an opportunity to speak with healthcare professionals and a firsthand experience with a variety of healthcare careers. Forty students, chosen through a rigorous application process, spent two days visiting various departments and medical practices throughout LMHS. The attendees were divided into groups, and allowed to participate in interactive medical demonstrations. The students were given the opportunity to use surgical and sonogram equipment, learn to draw blood, and prepare and administer medications. The group also spent time observing physician practices including Dermatology, Orthopedic Surgery, Women’s Health, Hematology/Oncology and Pulmonology.



# LMHS Completes Annual Sports Screenings Program

Throughout May, Licking Memorial Health Systems (LMHS) once again offered its free Sports Screening Program to local youth. Licking County student-athletes entering grades 7 through 12, and students from C-TEC’s Criminal Justice, Fire and Physical Therapy programs were eligible to attend.

A total of 482 students from 15 Licking County Schools participated in the program, which provided pre-participation physical examinations, electrocardiogram (EKG) and echocardiogram heart screenings, and ImPACT baseline concussion testing. The painless EKG displays the heart’s electrical impulses and the echocardiogram screens the functioning of the heart’s valves and muscles. These screening tests can identify heart conditions that place the athlete at risk for a sudden cardiac death even when there are no symptoms. Of the 265 students entering grades 7, 9 and 11 who received the heart screenings, four were referred for further evaluation and treatment after preliminary results indicated possible abnormalities.

“Over the past 11 years, EKG and echocardiogram screenings have proven to be invaluable to the health of our community by protecting young lives,” said LMHS President & CEO Rob Montagnese. “The testing has detected heart defects that placed 30 students at risk. Early detection and diagnosis of these abnormalities prevented the possibility of sudden tragedy in our community during athletic competition and other strenuous activities. In addition to the state-required pre-participation physical examinations and ImPACT concussion testing, we are proud to have offered EKG testing since 2008 and echocardiogram testing since 2015 at no cost to our local youth.”

A total of 54 LMHS employees – including pediatricians, other family practice and specialty physicians, advanced nurse practitioners, nurses, and support personnel – staffed the LMHS Sports Screening Program in 2018. The program included a total of nine screening sessions, which were conducted after regular business hours at the Licking Memorial Pediatrics – Tamarack offices.





2018  
"FOR YOUR HEALTH"



**RUN/  
WALK**  
& 1-MILE FUN WALK

# "For Your Health" 5K Run/Walk & 1-mile Fun Walk

Residents from throughout Licking County and Central Ohio participated in the 11th annual Licking Memorial Health Systems (LMHS) "For Your Health" 5K Run/Walk & 1-mile Fun Walk at The Dawes Arboretum's scenic grounds on July 28. Individual runners and walkers navigated the course throughout The Arboretum's nationally-recognized plant collections. A shorter, one-mile route also was offered as an option for the Fun Walk.

"The 'For Your Health' 5K Run/Walk & 1-mile Fun Walk has become one of the most popular events through which LMHS encourages healthy lifestyles," said Rob Montagnese, LMHS President & CEO. "We are proud to present this event as an opportunity to improve the health of the community, and the attendance has grown each year. Our first event included approximately 200 individuals, so to see more than 1,600 register is fantastic. I am extremely pleased that so many community members of all ages gathered at the picturesque Dawes Arboretum to promote the benefits of exercise and good health."

The honorary chairs of the 2018 "For Your Health" 5K Run/Walk & 1-mile Fun Walk were The Heckman Family – Lee, Sally, Will, Everett and Mae. The Licking Memorial Hospital (LMH) Development Council presented the community event in collaboration with sponsors The Dawes Arboretum, the Licking County Family YMCA and Park National Bank (PNB).

The overall female and male winners of the 5K Run included: first place – Haylee Zigan (19:51) and William Metcalf (16:09); second place – Kali Monroe (20:20) and Christian Bradford (16:11); and third place – Alexandra Davies (21:43) and J. Newman (16:33). The top three overall female and male finishers received medals and were offered gift cards to Dick's Sporting Goods, but some respectfully declined due to collegiate restrictions. Medals also were awarded to those who finished in the top three of their age and gender groups.

LMHS and PNB invited Licking County businesses to promote employee wellness by joining the Corporate Participation Challenge. Businesses were grouped into four categories based on their total number of employees with the winners determined by the highest percentage of participants to run or walk the event. The Corporate Participation Challenge winners were: Micro (1 to 10 employees) – Advance Business Communications, Inc.; Small (11 to 20 employees) – ADR & Associates, Ltd.; Medium (21 to 99 employees) – Bloomberg Eye Center; and Large (100 or more employees) – The Energy Cooperative.

## 5K Run First Place Winners



Haylee Zigan (19:51)



William Metcalf (16:09)



## 2018 5K Run Medalists

Group	Top Female	Top Male
14 & Under	Addison Pound Meghan Exline Elisa Halsey	Jonathon Holbrook Aidan Bowman Stephen Epps
15 to 19	Kaylee Padar Abby Davies Morgan Campbell	David Drushal Drake Dickerson Anthony Toskin
20 to 24	Elana Preston Grace Montgomery Maggie Mitchell	Stephan Beasley Bailey Dittoe Zane Romine
25 to 29	Alison Ernest Jennifer Lewis Bunny Zenner	Chase Prior Chris Monroe Jerrold Abel
30 to 34	Diana Dick Lindsay Lahowsky Amanda Filler	Josh Fulton Peter Lowe Wes Carder
35 to 39	Danielle Burns Ebony Tennant Jennifer Litsch	Darrin Wilson Joshua Webb Keegan Kirwin
40 to 44	Erin Fulton Mary Ann Ensor Renee Hall	Richard Bell Christopher Morrison Michael Pyle
45 to 49	Beth Yasko Anke Frahn Keeley Herron	Chuck Engel Kevin Saad John Dubois
50 to 54	Holly Wheeler Sue Mill Karen Herring	Jerame Davies James Silone Mike Hills
55 to 59	Susan Haas Sharon John Linda Castle	Bob Castle Joseph Fondriest Wesley Wagner
60 to 64	Terri Eley Judy McNeish Laura Van Deusen	Tom Sturtz Terrance Wagner Dick Reese
65 to 69	Louise Gemmell Chris Montis Marsha Schafer	A.J. Tarquino Will Kern Jim Mitchell
70 to 74	Carol Brockway	John Grandmason Daniel Sekerak Carl Lahman
75 to 79	Dottie Crump	Thomas Mullady James Hoskinson Russell Hovland
80 & Over		Bob Kent

# Supporter Spotlight – Lindorf Family Foundation

The Lindorf Family Foundation works to foster innovation and creativity in meeting community needs. The organization offers grants and support to charitable organizations for projects throughout Licking County including Licking Memorial Health Systems (LMHS). Founders John Warner and Dell “Christine” Warner Powell, now deceased, felt a great sense of joy in giving back to the community and shared that joy with family members who are now part of the Lindorf Family Foundation. Their generous spirit lives on through their daughter, Melissa Bow, and grandson, Andy Bow, who have continued the philanthropic mission of the Foundation.

John and Christine established the Lindorf Family Foundation in honor of John’s grandparents. While excited to support the community, the couple felt the name of the Foundation would be more discreet and private, allowing them to remain unrecognized for the gifts, grants and support the organization would offer to Licking County. Their passion was education, youth projects and investing in the health of the community.

The two met while attending Denison University. Christine was born in Kansas

to Swedish immigrants and moved to Granville in 1948 to attend Denison. She majored in music and was an alumna of Kappa Alpha Theta Sorority. John was a successful insurance broker and real estate investor. The couple had two daughters, Melissa Bow and the late Margaret Ann Warner.

After establishing the Lindorf Family Foundation, the couple began providing funds to LMHS to meet major medical needs. In 2006, Christine was eager to find a special way to contribute to LMHS as construction commenced on a new surgery unit within Licking Memorial Hospital (LMH). After the Lindorf Family Foundation Board of Directors considered a list of projects, they decided to sponsor the construction of a decorative water wall which is now part of the surgery waiting area on the second level of the John and Mary Alford Pavilion. “I think the water wall will have a calming effect for those who are waiting for their loved ones in surgery. The Hospital is a beautiful facility and we wanted to add to that,” Christine said during the dedication ceremony.

In addition to LMHS, the organization committed resources to The Ohio State University at Newark (OSU-N) funding construction of The John L. and Christine Warner Library and Student Center. “She was so happy to watch the completion

of the Library and establish charitable trusts for OSU-N, Central Ohio Technical College and Denison Students,” said Andy Bow, Christine’s grandson and Chair of the Lindorf Family Foundation.

Christine also established a charitable trust for the Licking County YMCA. For her service to LMHS and the community, LMHS posthumously honored Christine with the 2011 Lifetime Achievement Award. LMHS President & CEO, Rob Montagnese said, “Christine was a remarkable woman who improved the lives of others through her contributions. It is our pleasure to memorialize her with this recognition for her generosity and graciousness.” Her daughter, Melissa, President of the Lindorf Family Foundation, accepted the award in honor of Christine.

Before becoming Secretary of the Foundation, Melissa often would attend meetings with her father. She felt a sense of pride listening to the proposals and paid close attention to the details of the funding. After serving a number of years as Secretary, Melissa accepted the position of President four years ago. “She has always been selfless, always giving. She took on the role after learning so much from her father, and is now very excited to dedicate funds to innovative ideas,” Andy said of his mother.

Melissa was born and raised in Licking County. When Andy moved to the Columbus area, he wanted her to move to the area as well, but Melissa did not want to leave the community she has grown to love and faithfully serves. She is planning to open her home as a meeting place for the Foundation and a place to host classes, including

pet grooming, art classes, yoga and pottery. “My family just wanted to give to the community. We do what we can because it serves the community.” Both John and Christine received medical care at LMH, so Melissa also feels strongly about giving to the community Hospital.

While she leads the Lindorf Family Foundation, Melissa relies heavily on her team, especially her son Andy. “Andy is better at talking with people and speaking in public, so he is out in the forefront of the meetings and other public events,” said Melissa. Andy is very excited about his role, a position he took about a year ago, and hopes to expand the organization and get involved with more innovative and creative ideas to better the community. “He knows a lot about recycling and being green. He takes pride in caring for the environment and hopes to incorporate green ideas into the community as well,” Melissa said. Some of the future plans include working with OSU-N on a Planetarium, a new Crime Lab for the area and addiction recovery grants.

Both Melissa and Andy remember Christine as being happy and funny as well as generous. She enjoyed giving and watching projects come to fruition. John was very reserved and quiet with a good sense of humor. He did not want to be in the spotlight, but was grateful for the opportunities to better the Licking County Community. The same spirit of giving continues to grow in Melissa. She and Andy look forward to the many new projects that have been proposed to the Lindorf Family Foundation and hope to continue their support of LMHS as well. Melissa and Andy also are grateful for the guidance and encouragement from the Lindorf Family Foundation Board members – John Uible, Treasurer, Donna Alvarado, Secretary and Terry Meyers. In memoriam, Melissa honors the service of former Board Chair, Mary Jane McDonald, and former Board member, Rod Lee.

# Project SEARCH Program Returns to LMHS

Licking Memorial Health Systems (LMHS) is continuing its collaboration with the Licking County Educational Service Center, Opportunities for Ohioans with Disabilities, Greenleaf Job Training Services, the Licking County Board of Developmental Disabilities and area school districts to offer the Project SEARCH program for Licking County students during the 2018-2019 school year. The Project SEARCH High School Transition Program, which began at Cincinnati Children’s Hospital in 1996, provides real-life work experience, combined with training in employability and independent living skills, to help youth with disabilities make successful transitions from school to adult life. LMHS facilities again will host the local Project SEARCH program, which nine area students completed last year.

“We are thrilled to continue our partnership with a number of local organizations again to offer this outstanding educational experience in Licking County,” said LMHS President & CEO Rob Montagnese. “Students receive the opportunity to learn important skills that will allow them to enter the local workforce and embark on a meaningful and long-lasting career. They are not the only beneficiaries of this great program, however, as it also gives area businesses an expanded pool of qualified candidates from which to hire. Our staff greatly enjoyed working with the Project SEARCH interns last year because of the positive attitudes and tremendous work ethics they displayed every day.”

Students from Newark, Granville, Heath, Northridge and Licking Heights school districts are participating in Project SEARCH this year. In addition to serving as the host site, LMHS will provide uniforms to all of the students, as well as transportation via Licking County Transit Services for those who need it.

Led by an instructor, job coaches and directors and managers within LMHS departments, the students receive a combination of classroom instruction, career exploration and on-the-job training. Students began the program in August with orientation and time to acclimate to the healthcare environment. Throughout the school year, students continue to work on employability and functional skills in a classroom setting, but the majority of their time is spent completing three unique rotations in a variety of clinical and technological areas of the Health Systems. The internship rotation allows the students to acquire marketable and transferable skills necessary to be hired by Licking County businesses for entry-level positions, with additional responsibilities added as their proficiency in the core areas increases. These work experiences also help the students build communication, teamwork and critical thinking skills.

The long-term goal of Project SEARCH is to provide a set of transferable skills to people with disabilities that will result in a diverse group of motivated job seekers for employers throughout Licking County. At the conclusion of each academic year, students who graduate from the program are prepared for competitive employment and have assistance obtaining complex and rewarding jobs.





# Baltisberger Receives Rotary Service Above Self Award

The Rotary Club of Newark recently honored Richard Baltisberger, M.D., of Licking Memorial Pediatrics, with the Service Above Self Award, which is named after the organization's motto. The prestigious Award recognizes Rotarians who demonstrate their commitment to helping others by volunteering their time and talents.

Known as "Dr. Rick" by his young patients, Dr. Baltisberger has dedicated much of his career to helping children with physical and medical challenges. He serves as the camp physician for Licking Memorial Health Systems' (LMHS) Camp Feelin' Fine, a day-long program for children with asthma. He is a member of the National Advisory Committee for Down Syndrome, which sets standards and promotes research in Down syndrome issues. On the local level, he is active in the Down Syndrome Society of Central Ohio, which works to develop ways to improve care for Down syndrome patients. He also

provides physician services to the Kids' Place, a Newark-based LMHS facility that cares for young victims of child abuse. He recently returned from a mission trip to Honduras and regularly volunteers with Vineyard Grace Fellowship Outreach to assist homeless and low-income individuals in Licking County.

Dr. Baltisberger received his Medical Degree from the University of North Dakota School of Medicine and is board certified in pediatrics. He completed his residency and internship at Children's Hospital in Columbus and joined LMHS in August 1998, serving as Chief of Pediatrics since 2002. Dr. Baltisberger was instrumental in assisting Licking Memorial Hospital achieve Level II status for the Special Care Nursery.

Dr. Rick's dedication has earned prestigious recognitions, including the Hometown Hero Award by American Red Cross of Licking County, a Forty Under 40 designation by Columbus Business First, a Provider Award by Columbus Business First and an MVP Award by LMHS. In 2010, he was selected by his peers as Physician of the Year at LMHS.



## New Appointments



**Mae T. Gallagher, M.D.**, of Cherry Westgate Family Practice, joined the LMH Medical Staff.



**Sean M. Gallagher, M.D.**, joined Licking Memorial Pediatrics – East.



**Andrew J. Pierre, D.P.M.**, of Foot and Ankle Specialists of Central Ohio, joined the LMH Medical Staff.



**Geoffrey M. Siesel, M.D.**, of Tri-County Radiologists, Inc., joined the LMH Medical Staff.

## Physician Spotlight



**Aruna C. Gowda, M.D.**, joined Licking Memorial Hematology/Oncology in 2012. She received her Doctor of Medicine degree at Kempe Gowda Institute of Medical Sciences in Bangalore, India. She completed an internship and residency in internal medicine at the State University of New York at Buffalo, and then completed a hematology/oncology fellowship at The Ohio State University in Columbus. Dr. Gowda takes a special interest in managing different types of malignancies – especially breast cancer, lung cancer and lymphoma. She is board certified in internal medicine, hematology and oncology.

### Ask a Doc – Blood Cancer with Aruna C. Gowda, M.D.

**Question:** A family member has been diagnosed with leukemia – a type of blood cancer. Can you explain more about blood cancers?

**Answer:** September is Blood Cancer Awareness month – a time to spark dialogue about the different types of blood cancers and help promote understanding of the treatments for these types of disease. Blood cancer can affect anyone at any time. Every three minutes, someone is diagnosed with blood cancer. Currently, there is no way to prevent or screen for most blood cancers, but medical advancements have increased the survival rates. Since there is no prevention, it is important to report any symptoms or signs of blood cancer to a physician in order to increase the effectiveness of the treatments.

Blood cancers affect the production and function of the blood cells. Blood is the main transport system in the body, carrying oxygen and nutrients to the lungs and tissue, and transporting waste to the kidneys and liver. The cells develop in bone marrow – the spongy tissue in the central cavity of bones. Stem cells in the marrow mature and develop into three types of blood cells: red blood cells, white blood cells or platelets. In most blood cancers, the normal blood cell development process is interrupted by uncontrolled growth of an abnormal type of blood cell. These abnormal blood cells, or cancerous cells, prevent the blood from performing many of its functions, such as fighting off infections or preventing serious bleeding.

The most common types of blood cancer include leukemia, lymphoma and myeloma. Leukemia is found in the blood and bone marrow. It is caused by the rapid production of abnormal white blood cells which hinders the body's ability to fight infection and to produce red cells and platelets. Lymphoma affects the lymphatic system – the system composed of lymph nodes that removes excess fluids from the body and produces immune cells. Normal lymphocytes, a type of white blood cell that fights infection, can transform into lymphoma cells and multiply in your lymph nodes causing enlargement. Over time, these cancerous cells impair the immune system. The third type is known as myeloma and it affects the plasma cells. Abnormally developed plasma cells often become myeloma cells and prevent the normal production of antibodies that fight disease and infection weakening the body's immune system.

Of the three types of blood cancers, leukemia is the most common kind of cancer among children and teens. The disease can be further classified as either acute or chronic. Chronic leukemia progresses more slowly than acute leukemia, which requires immediate treatment. The cause of leukemia is uncertain, however, several risk factors have been identified including exposure to high levels

of radiation, repeated exposure to certain chemicals such as benzene, and a strong family history of leukemia. Symptoms vary depending on the type and stage of the cancer, and may include fever, chills, night sweats, weakness, fatigue, swollen tonsils, bone pain, and pinhead-size red spots on the skin. Similar symptoms also are reported with lymphoma and myeloma. A physician will conduct a complete blood count to diagnose a patient with such symptoms.

Treatments for leukemia are similar to those for lymphoma and myeloma. A physician may suggest a combination of treatments including chemotherapy, radiation therapy, stem cell transplantation or targeted therapies – a type of treatment that uses medications or other substances to identify and attack specific types of cancer cells with less harm to normal cells. Research continues on different ways to treat blood cancers, and the survival rates for this type of disease are increasing. It is important to discuss concerns with a physician and seek treatment as soon as possible if blood cancer is suspected.

### Patient Story – Steve\*

Steve has been living with Type 2 diabetes for 15 years. However, several years ago his A1c increased. He had been diagnosed with liver cancer and was undergoing treatment, making it difficult to manage his diabetes. “I was so focused on my other health issues, I let myself lapse concerning my diabetes,” Steve explained. “My A1c had risen to 9.6, so a little over a year ago, my primary care physician referred me to the Licking Memorial Hospital (LMH) Medication Therapy Clinic.”

Steve was using basal insulin, sliding scale insulin with meals, and metformin when he was referred to the Clinic. After evaluating his case, the staff started him on a set meal insulin dose with mealtime insulin and encouraged him to check his blood sugar prior to meals and bedtime. “Steve was very motivated and wanted to get better control of his diabetes, despite all of his other medical diagnoses,” explained Danette Warner, PharmD, BCPS, C.D.E.

Steve followed up in the Clinic regularly and also met with Aundrea Parker, R.D., L.D. Together, they reviewed carbohydrate counting and Steve was given a carb-counting workbook. He diligently completed his workbook and staff was able to determine an insulin to carbohydrate ratio for meals. Aundrea also introduced Steve to CalorieKing, a food search website and mobile application that provides nutritional information about a wide variety of foods, including many chain restaurants as well as home meal items. By tapping on a food, users can quickly access nutritional facts, such as protein, fiber, saturated fat, trans fat, cholesterol, sodium and alcohol counts.

“Aundrea has really gotten me straightened out. She has helped me watch my carbs better and curb my sweet

tooth. I never realized that sports drinks contained so much sugar. Now I drink the sugar-free alternatives,” he shared. “I have learned so much about foods and how they affect my body.”

The staff also helped Steve download the Glooko app on his smartphone and taught him how to use it. Glooko helps patients understand how certain foods, activities, times of the day, and medication doses affect blood glucose, allowing for easier diabetes management. The app also shows patients what time of the day they are registering high or low levels, which days of the week are the best days, and how blood glucose levels compare to previous time periods. The app works by syncing all of the data from a glucometer, insulin pump and/or continuous glucose monitor, then tracking the medication, carbohydrates, and lifestyle data, and finally creating easy-to-read graphs and charts for the user. “I can enter insulin doses, use the food database, and upload my meter readings,” explained Steve. “Tina (Roberts) always does an outstanding job evaluating my readings.” By sending his meter readings to the Medication Therapy Clinic every two weeks for review, staff is able to make appropriate insulin dose adjustments as necessary between appointments.

Steve has always been active and was an avid runner for years prior to his hip replacement in 2005. He still frequents the Licking County Family YMCA regularly where he participates in the Silver Sneakers program. His workouts include light weight lifting and walking. When he is not at the YMCA, he often walks at home in nice weather.

In three months, Steve’s A1C improved from 8.9 to 7.7, then further improved to 6.6 in six months. His nighttime medicine has decreased by 50 percent

and he has seen a 20-pound weight loss. Steve continues to follow up in the Clinic monthly and uploads his meter from home every two weeks for review.

“My goal is to keep my numbers consistently low. I will follow up with my primary care physician, Nina Hourmouzis, M.D., of Licking Memorial Internal Medicine, this fall,” Steve stated. “The Clinic staff has been so patient and supportive. They have helped me tremendously. I do not know where I would be without them. I hope that patients continue to be referred to the Clinic and utilize their services,” he concluded.

The Medication Therapy Clinic moved from the Hospital to 88 McMillen Drive in May 2017. The Clinic has been working with patients since 2003 to assist with education and management of the use of medications. The staff includes pharmacists, technicians, dietitians and nurses focused on teaching correct dosing, the importance of monitoring patient condition and even lifestyle changes needed to sustain good health. Currently, more than 1,300 patients utilize the services on a monthly basis.

Licking Memorial Endocrinology provides care for patients with glandular disorders, such as diabetes, metabolic disorders, thyroid disease, pituitary and adrenal abnormalities and osteoporosis. The practice is accepting new patients with a physician’s referral. To make an appointment, please call (220) 564-1740.

\*Steve is not the patient’s real name.

# Diabetes Care – How do we compare?

At Licking Memorial Health Systems (LMHS), we take pride in the care we provide. To monitor the quality of that care, we track specific quality measures and compare to benchmark measures. Then, we publish the data so you can draw your own conclusions regarding your healthcare choices.

1. Much of the care that diabetes patients receive takes place in the outpatient or physician office setting. The physician offices of Licking Memorial Health Professionals (LMHP) measure the most critical indicators for diabetes.

	LMHP 2015	LMHP 2016	LMHP 2017	National
LMHP diabetes patients receiving eye exam	63%	59%	59%	58% <sup>(1)</sup>
LMHP diabetes patients having HbA1c test	96%	95%	94%	88% <sup>(1)</sup>
				<b>LMHP Goal</b>
LMHP diabetes patients having lipid profile	93%	91%	89%	83%
LMHP diabetes patients having microalbuminuria test	88%	86%	82%	84%
				<b>National</b>
LMHP diabetes patients having foot exam	89%	85%	84%	80% <sup>(2)</sup>

2. While having the testing done is important, the test results (or outcomes) indicate how well the physician, in collaboration with the patient, is managing the diabetes. The hemoglobin A1c (HbA1c) test is a simple lab test that shows the average amount of sugar (also called glucose) that has been in a person’s blood over an extended period of time.

	LMHP 2015	LMHP 2016	LMHP 2017	National <sup>(1)</sup>
LMHP diabetes patients with HbA1c less than or equal to 7%	57%	56%	51%	38%
LMHP diabetes patients with HbA1c less than or equal to 8%	77%	76%	72%	59%

3. People with diabetes are at high risk for heart disease. An elevated LDL (“bad”) cholesterol test reveals if an individual has unhealthy fat levels, which increase the risk for heart disease – a very serious complication of diabetes.

	LMHP 2015	LMHP 2016	LMHP 2017	LMHP Goal
LMHP diabetes patients with LDL less than or equal to 100 mg/dL	67%	65%	65%	50%

4. The Community Case Management (CCM) program at Licking Memorial Hospital (LMH) provides services to people in the community with diabetes. The American Diabetes Association recommends that a person with diabetes should have an HbA1c blood test at least every six months to monitor glucose levels. LMH staff members work closely with patients and their physicians to ensure that this test is performed as recommended in order to manage each patient’s condition better.

	LMH 2015	LMH 2016	LMH 2017	LMH Goal
CCM diabetes patients who obtained an HbA1c test	100%	100%	100%	Greater than 85%

5. Per the American Diabetes Association (ADA), decreasing body weight by 7 to 10 percent can delay or prevent Type 2 diabetes and lower blood glucose levels. Intentional weight loss of 10 percent of body weight can result in a reduction in A1c for people with Type 2 diabetes.

	LMH 2015	LMH 2016	LMH 2017	LMH Goal
Diabetes Self-Management Education & Support participants’ average weight reduction (percentage denotes amount of participants who decreased body weight by 7 to 10 percent)	9.05 lbs. 93%	8.59 lbs. 93%	10.59 lbs. 82%	7 to 10 lbs. Greater than 80%

Diabetes Care – How do we compare? (continued to page 20)



Check out our Quality Report Cards online at [www.LMHealth.org](http://www.LMHealth.org).

**6.** A1c is the standard for measuring blood sugar management in people with diabetes. Studies show higher A1c levels to be associated with the risk of certain diabetes complications (eye, kidney and nerve disease). For every one percent decrease in A1c, there is significant protection against those complications.

	LMH 2015	LMH 2016	LMH 2017	LMH Goal
Diabetes Self-Management Education & Support participants with a decrease HbA1c or within normal limits	96%	92%	98%	Greater than 80%

**Data Footnotes:**  
 (1) Average of reported Commercial, Medicare and Medicaid/HEDIS measure  
 (2) National Committee for Quality Assurance – NCQA Diabetic Recognition Program

## Health Tips – Lowering A1c Levels Good Blood Sugar Control

Many studies have shown that lowering A1c levels can help reduce the risk of complications from diabetes. For those with prediabetes, the progression to type 2 diabetes can be prevented by working to lower A1c levels. The following suggestions can be helpful in reducing A1c:

- Get a minimum of 150 minutes of moderate physical exercise a week – 30 minutes at least 5 days per week.
- Eat a healthy diet.
- Reduce starch and sugar intake.
- Reduce stress.
- Stick to treatment or medication plans.
- Set and achieve weight loss goals.

For a person with diabetes, many physicians recommend maintaining the A1c level at 7 percent or below.

## Understanding A1c

Diabetes is a group of diseases that result from excess sugar in the blood, also known as high blood glucose. Serious complications can arise from the condition, such as cardiovascular disease and nerve, kidney or eye damage. To determine if someone has the disease, physicians can order an A1c test. This simple blood test measures the average blood sugar level over two to three months prior to the test. The test also is beneficial for tracking how well the blood sugar level is being managed.

A1c refers to a minor component of hemoglobin – the oxygen-carrying protein that gives blood its red color. About 90 percent of hemoglobin is hemoglobin A – or adult type. It then is further classified into type 1 or type 2. Type 1 is the most common type of hemoglobin and has subtypes A1a, A1b and A1c. A1c is the most common minor component. Sugar attaches or binds with hemoglobin A1c which is then referred to as glycated hemoglobin. This combined molecule differs in size from the other components in the blood, so it can easily be

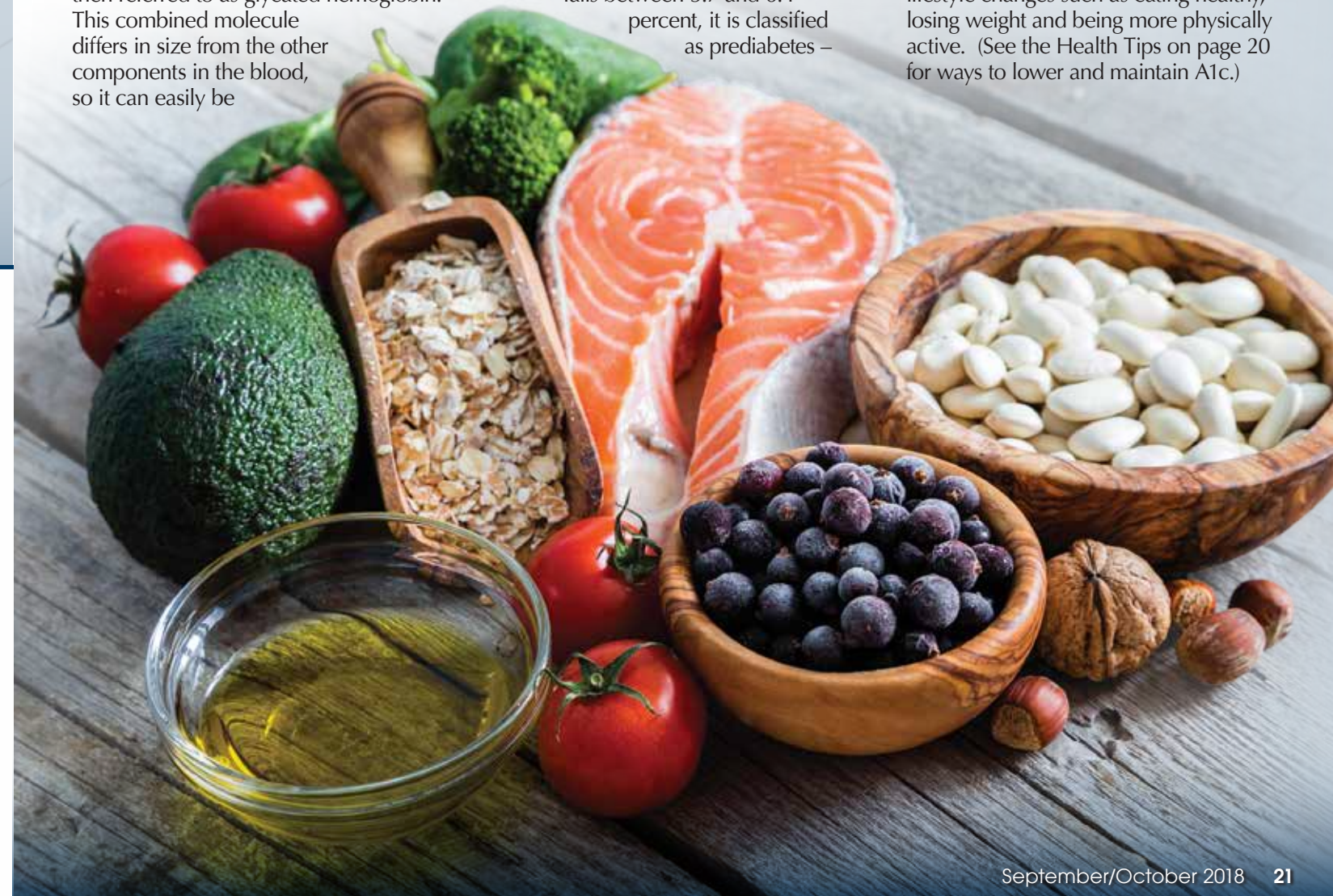
separated through a laboratory procedure called high pressure liquid chromatography. Once separated, the glucose can be measured and a percentage determined.

More glucose circulating in the blood leads to more hemoglobin being glycated. Once hemoglobin is glycated, it remains in that state until the red blood cell dies. Red blood cells live an average of three to four months. Therefore, the A1c level indicates the average glucose in the blood over a two to three month timespan. A1c is not affected by short-term fluctuations in blood sugar concentrations due to meals, so the blood test can be administered any time of the day, without requiring the patient to fast. The results of the A1c test are expressed as the percentage of all hemoglobin that is glycated.

An A1c level below 5.7 percent is considered normal. When the reading falls between 5.7 and 6.4 percent, it is classified as prediabetes –

a condition where the blood sugar level is higher than normal, but not high enough to be type 2 diabetes. Someone who has a level of 6.5 percent or higher likely will be diagnosed with diabetes. Test results can be skewed by recent blood loss, anemia, kidney disease or a recent blood transfusion.

Those experiencing symptoms of diabetes or are at high risk for diabetes are encouraged to talk to a physician about having an A1c test or other glucose level test. The symptoms may be subtle or very mild. People often experience hunger, excessive thirst and increased urination, fatigue, blurred vision, or tingling in the hands and feet. Risk factors for diabetes include family history, high blood pressure and obesity. When the condition is detected early, nerve damage and other complications can be avoided. For those with prediabetes, the progression to type 2 diabetes can be prevented by making lifestyle changes such as eating healthy, losing weight and being more physically active. (See the Health Tips on page 20 for ways to lower and maintain A1c.)



## Community Education – Dining with Diabetes

**Date:** Thursday, October 4  
 Thursday, October 11  
 Thursday, October 18  
 Thursday, October 25

**Location:** LMH First Floor Conference Rooms  
**Time:** 5:30 p.m.  
**Speakers:** Annmarie Thacker, M.S., R.D., L.D., C.D.E.  
 Shari L. Gallup, M.S., CHWC

Making smart meal choices is an important part of diabetes management, but healthy eating can be challenging. Dining with Diabetes is a four-part cooking school program for individuals with diabetes and their families that offers healthy alternatives in food preparation. The program, presented by Registered Dietitian Annmarie Thacker, M.S., R.D., L.D., C.D.E., and Shari L. Gallup, M.S., CHWC, will include healthy meal demonstrations, taste-testing, and discussions about carbohydrates, fats and vitamins. In addition, a three-course meal will be served at each session.

Dining with Diabetes is presented by Licking Memorial Health Systems in partnership with The Ohio State University Extension and the Licking County Senior Levy. Advance registration is required to attend the four-part program. Please call (740) 670-5315 to register. The cost, which is due at the time of registration, is \$10 for senior citizens (age 60 and over) and \$20 for all other participants. Space is limited – please register by Wednesday, September 26.



Annmarie Thacker, M.S., R.D., L.D., C.D.E.



Shari L. Gallup, M.S., CHWC

### Patient Story – The Miller\* Family

Each week the Miller girls cannot wait to visit the Farmer’s Market at the Canal Market District. “We have tried a lot of really neat and delicious fruits and vegetables – it’s a lot of fun,” said Tiffany\*, age 16. “There is such a wide variety of fresh and colorful items to choose from and the selection varies each week,” commented Laura\*, Tiffany’s mother. “It’s great – we just love it!”

In an effort to improve affordable food access and food security, increase consumption of healthy fruits and vegetables, and promote the importance of a healthy diet for young patients and their families, Licking Memorial Health Systems (LMHS) recently launched the Fruit and Vegetable Prescription Program (FVRx). Shelley Gittens, M.D., of Licking Memorial Pediatrics – Tamarack, introduced the Millers to the program this past spring and the family has been enjoying the benefits ever since.

FVRx originally was created by Wholesome Wave, a nonprofit organization that develops partnership-based programs that enable under-served consumers to make healthier food choices by increasing affordable access to fresh, local food. LMHS has collaborated with Wholesome Wave to adapt the nutrition incentive program for the Licking County community. Families and/or individuals qualify for the Program based on a set of questions discussed during a regular check-up with a family physician or pediatrician. Over the course of a year, participants are asked to complete the following:

- Meet with a physician or physician’s care team twice during the year, free of charge.
- Attend four free nutrition education counseling sessions, along with their family.
- Redeem FVRx for a free basket of healthy fruits and vegetables on a

weekly basis from the Licking Memorial Hospital Café, during the winter and at the Canal Market District in Newark, during the local growing season.

The Millers receive Market tokens on a weekly basis and typically visit the Market twice a week on Tuesday and Friday. The token quantity is based on the number of people in the family. Vendors at the Market often offer varieties of fruits and vegetables, not commonly seen in local grocery market chains, such as the cucamelon, dessert melons and fairy eggplants.

“This is certainly a more exciting way to shop. The girls are more likely to want to eat a vegetable that they have picked out themselves fresh from a farmer’s bin,” explained Dorothy\*, the girls’ grandmother, who also lives with them. Many of the items are harvested the same day and most vendors accept requests for specific types or quantities of items. “They have the opportunity to talk with the farmers and ask about how certain foods are planted and grown. Everyone is always very kind and also offers recipes, preparation ideas and samples,” she continued.

“The vendors take great pride in their products and are very accommodating and respectful,” Laura pointed out. “They are just as excited to talk to us and share their knowledge as we are to learn from them. The Market also has been a terrific social outlet for all of us. We look forward to going, not only to talk with the vendors, but also to share ideas with other patrons,” she added.

Families receive kitchen preparation tools as well as basic information about fruits and vegetables on their first visit to the physician’s office. “The recipes, oils, spices and colander are very helpful. We also appreciated the information about

how to select and store items and how long each remains fresh,” Laura shared. A meal planning brochure, containing nutritional facts also was included.

“The girls are more involved in meal preparation now,” said Dorothy. “We have learned how to make dips with various spices for our vegetables and often look for healthy recipes on our own too,” she continued.

The vegetables are so fresh and flavorful, that most do not need much seasoning. “I do not even use butter on the sweet corn,” commented 14-year-old Julie\*. “It tastes delicious without it. I really like going to the Market and trying all the new foods more than I thought I would.”

Laura admits that her family ate many processed foods before participating in the FVRx program. “Having the access to the fresh foods has been wonderful for our family. We are eating and feeling better, it is definitely a healthier lifestyle.” The girls are requesting more fruits and vegetables with each meal and all of them have lost weight and inches, since beginning the the FVRx program.

Dorothy explained how eating the fresher foods on a more regular basis has changed the tastes of less healthy foods and they have found themselves moving away from unhealthy snacks and meals. “I like to slice cucumbers on my sandwiches and we now eat a lot of fruit for dessert, instead of ice cream or cake,” Tiffany commented.

The Millers also have benefitted from their meetings with dietitian Annmarie Thacker, M.S., R.D., L.D., C.D.E. “She has taught us about portion sizes and what a balanced meal looks like,” explained Tiffany. “My sister is not a big breakfast eater, so she also has given us some great alternatives, like smoothies.” Tiffany

Patient Story – The Miller\* Family (continued on page 24)

## Pediatric Care – How do we compare?

At Licking Memorial Health Systems (LMHS), we take pride in the care we provide. To monitor the quality of that care, we track specific quality measures and compare to benchmark measures. Then, we publish the data so you can draw your own conclusions regarding your healthcare choices.

1. Immunizations are one of the safest and most effective methods to protect children from potentially serious childhood diseases. Licking Memorial Health Professionals (LMHP) monitor the percentage of children, aged 19 months to 35 months, who receive the individual and complete set of recommended immunizations. The series is frequently referred to as the 4:3:1:3:3:1 series. It consists of the following vaccines:
  - 4 doses of diphtheria, tetanus (lockjaw), and pertussis (whooping cough)
  - 3 doses of polio
  - 1 dose of measles, mumps and rubella
  - 3 doses of Haemophilus influenzae B (influenza type B)
  - 3 doses of hepatitis B
  - 1 dose of varicella (chicken pox)

	LMHP 2015	LMHP 2016	LMHP 2017	National
Childhood immunization rate (4:3:1:3:3:1 series)	88%	86%	86%	75% <sup>(1)</sup>
Children, aged 6 months to 18 years, receiving the influenza vaccination	35%	32%	31%	59% <sup>(2)</sup>

2. LMHP providers follow Advisory Committee on Immunization Practices (ACIP) recommended vaccinations to prevent cervical cancer, varicella (chicken pox) and meningitis among adolescents.

	LMHP 2015	LMHP 2016	LMHP 2017	National
Female adolescents, aged 13 to 17 years, completing HPV vaccination series	56%	56%	62%	42% <sup>(3)</sup>
Adolescent children receiving varicella vaccination	96%	96%	97%	83% <sup>(3)</sup>
Adolescent children receiving meningococcal vaccination	88%	89%	91%	81% <sup>(2)</sup>

3. Pharyngitis (sore throat) is a common illness in children. Most children’s sore throats are caused by viral illnesses. While antibiotics are needed to treat bacterial pharyngitis, such are not useful in treating viral pharyngitis. Before antibiotics are prescribed, a simple diagnostic test needs to be performed to confirm the presence of a bacterial infection. Inappropriate use of antibiotics for viral pharyngitis is costly, ineffective and contributes to the development of drug-resistant bacterial strains. LMHP monitors and reports how many children with sore throats, aged 2 to 18 years of age, received a Group A streptococcus test before they were given a prescription for antibiotics.

	LMHP 2015	LMHP 2016	LMHP 2017	National
Children with pharyngitis receiving test before antibiotics	95%	96%	96%	78% <sup>(4)</sup>

4. LMHP screens children, aged 9 to 11 years, for high blood cholesterol levels. Studies have shown that children who have high cholesterol are more likely to have high cholesterol as adults, placing them at increased risk for heart disease. By identifying at-risk children at a young age, families have an opportunity to make important lifestyle changes to diet and exercise to increase the likelihood that their children will enjoy long and healthy lives.

	LMHP 2015	LMHP 2016	LMHP 2017	LMHP Goal
Children, aged 9 to 11 years, receiving cholesterol screening	65%	58%	66%	65%

5. When a child arrives at Licking Memorial Hospital with suspected or known sexual abuse, the specially trained sexual assault response team (SART) conducts a comprehensive evaluation of the child, including use of forensic kits to gather evidence from sexual assault victims. Complete use of this kit ensures that evidence is collected properly and submitted to law enforcement for analysis.

	LMH 2015	LMH 2016	LMH 2017	LMH Goal
Forensic kit collection was complete for children treated for sexual abuse	100%	100%	100%	100%

**Data Footnotes:** (1) Estimated Vaccination Coverage\* with Individual Vaccines and Selected Vaccination Series Among Children 19-35 Months of Age by State and Local Area; US, National Immunization Survey Q3/2014-Q2/2015. (2) Centers for Disease Control and Prevention, National Immunization Survey, “Flu Vaccination Coverage, United States, 2014-15 Influenza Season” updated October 30, 2016. (3) Estimated Vaccination Coverage with Selected Vaccines and Doses Among Adolescents Aged 13-17, by State/Area; National Immunization Survey-Teen (NIS-Teen), United States, 2016. (4) NEW-National Committee of Quality Assurance, State of Health Care Quality Report Card 2016.



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proudly reported losing five pounds at each of her weigh-ins so far. “Annmarie’s information has been eye-opening,” commented Dorothy. “Her visual examples showing the salt and sugar content in certain foods are shocking.”

“We have been treated with total respect, kindness and courtesy from everyone involved with this program,” Dorothy shared. “Dr. Gittens, Annmarie, the Hospital Culinary Services staff and the Market vendors are always willing to answer questions. Dr. Gittens and

Annmarie take the time to explain things to us and are very good at following up. We all feel very comfortable with them,” she said.

“It is great that we have one another for a support system too,” added Laura. “We keep each other accountable and are really enjoying the experience of discovering new ways to eat foods. We are so appreciative of Dr. Gittens for introducing us to this program and hope more members of the community talk to

their physicians about it, so they also can enjoy its benefits,” she concluded.

Some of the vegetables that families receive when redeeming a prescription at the LMH Café are grown in the LMH garden, located on Dickerson Street, adjacent to the Hospital main campus. The nearly one-acre garden yielded more than 1,600 pounds of produce last year that was utilized in the Café, or for events, patient meals and education.

*\*These are not the patients’ real names.*

## Battle Childhood Obesity by Teaching Healthy Eating Habits

According to the Centers for Disease Control, 1 in 5 school age youth in America – ages 6 to 19 years old – are considered obese. Obesity puts children at higher risk of having other chronic health conditions and diseases including asthma, bone problems, type 2 diabetes and risk factors for heart disease. Parents can join in the battle against childhood obesity by teaching children healthy eating habits. Eating healthy does not require a specific diet. It is as simple as choosing fruits, vegetables, grains, dairy, and protein-rich foods to obtain the most nutrition and meet the child’s personal calorie needs.

The recommended daily calorie range for most children between the ages of 6 and 12 is 1,600 to 2,200 calories per day, depending on how active they are. More calories are needed during early adolescence as the child begins to go through puberty. Including foods with carbohydrates – the starches and sugars that are converted into fuel for the body helps fulfill the caloric intake and maintain energy; however, it is recommended that children consume foods with complex-carbohydrates such as beans, whole grains, vegetables and fruits instead of foods with added sugars and fat. Added sugars are sugars and syrups that are added to foods or beverages when they are processed or prepared and are often found in beverages, such as soft drinks, energy or sports drinks, candy, cookies, and jams. This does not include natural sugars found in milk and fruits.

To engage in healthy eating habits daily and keep children interested in healthy foods, the United States Department of Agriculture

created an easy tool called My Plate. The idea is to divide a plate into fourths and choose a variety of foods and beverages from four main food groups including fruits, vegetables, grains and protein, then add a side of dairy such as milk, cheese or yogurt. Protein foods include meat, poultry, eggs, beans, nuts and seeds. Any food made from wheat, rice, oats or cornmeal – including bread, pasta and cereal – are considered grains. Whole grains, such as whole-wheat flour and brown rice, are preferred because they include more dietary fiber and other nutrients. When choosing processed or packaged foods, check the labels for sugars, sodium and ingredients high in saturated fat. High amounts of sugar and fat can lead to added calories and weight gain.

Changing eating habits can be a challenge, and does take time. Start with small changes over time like focusing on whole fruits instead of drinking juice. Fruit juices often contain added sugar. Add fresh, frozen or canned vegetables to salads, side dishes and favorite recipes. For picky eaters, be patient with new foods. Encourage the child by talking about a food’s color, shape, aroma and texture. Serve new foods together with the child’s favorite meals. Also, try to make eating fruits and vegetables fun by cutting the foods into shapes or serving it with

a low-calorie dip or sauce. For teenagers, engage them in the food buying process and teach them to read food labels. As the teen’s appetite surges, offer healthy snacks high in protein and fiber to help them feel fuller longer.

There are a number of ways to increase the amount of vegetables children eat. Add chopped broccoli or green peppers to spaghetti sauce, top cereal with fruit slices, or mix grated zucchini and carrots into casseroles and soups. Creating a healthy eating style can improve a child’s health and help maintain a healthy weight. Be wary of foods high in saturated fat, sodium and added sugars. For more information and suggestions from the USDA, visit [www.choosemyplate.gov](http://www.choosemyplate.gov).



## LMH Hosts Fifth Annual Baby Expo

**Sunday, October 14, 1:00 to 4:00 p.m.**  
**John & Mary Alford Pavilion,**  
**Licking Memorial Hospital**

*Join us for an afternoon celebrating the joy of childbirth! Light refreshments will be available, and guests also will receive a variety of give-away items and a chance to win fabulous door prizes.*

**Featuring select baby specialty vendors, safe nursery display and information on:**

- Pregnancy care, including nutrition
- Breastfeeding
- Newborns’ special needs
- “First Impressions” classes at LMH
- CPR for infants, children and adults
- Licking Memorial Pediatrics services
- Licking Memorial Women’s Health services
- “Quit for You, Quit for Your Baby” tobacco cessation services
- Vendors’ products for mothers-to-be, as well as mothers and babies
- Car seat check station



**FREE Event!**

**For more information, please call (220) 564-4102.**

## Health Tips – Rethink Your Drink

Sugar-sweetened beverages, including soda, sweetened teas/coffees, and sports and energy drinks, can contain more than 16 teaspoons of sugar – the equivalent of three chocolate candy bars. On average, a 12-ounce serving of soda contains 36 grams – or about four teaspoons – of sugar and about 160 calories. While some sports drinks offer extra vitamins and minerals, the average sports drink contains about eight teaspoons of sugar in a 32-ounce bottle. That is equivalent to eating five chocolate-covered peanut butter cups.

Water is the best choice for hydration. If you want to provide more nutrients and vitamins in a beverage, serve milk or an unsweetened milk alternative such as soy, coconut or almond milk. Children only should consume 4 to 6 ounces of 100 percent fruit juice each day for a healthy weight. If a child will not drink plain water, try adding berries with mint leaves, a citrus blend, cucumber and melon, or apples with a cinnamon stick to add flavor.

**BABY EXPO**

# Donors Recognized for Contributions to Licking Memorial Health Foundation

New donors recently were recognized for their generous contributions to Licking Memorial Health Foundation (LMHF). The contributions assist Licking Memorial Hospital (LMH) in providing excellent, quality health care for the community with state-of-the-art technology and facilities.

## The John Alford Fellowship

The John Alford Fellowship was created in 1996 by the LMH Development Council to memorialize the extraordinary commitment of the Hospital's long-time friend and supporter, John W. Alford. By joining the Alford Fellowship with a commitment of \$25,000 or more, a donor affirms John W. Alford's belief in the need for quality healthcare at the local level.

### Robert H. and Patricia E. McGaughy

LMHS President & CEO Rob Montagnese (right) and Vice President Development & Public Relations Veronica Patton (left) presented Robert (Bob) and Patricia (Trish) McGaughy with a glass recognition piece in honor of their commitment to the The John Alford Fellowship. The McGaughys live in Newark with their golden retriever, Kimi, and have two grown children – Patrick and Meredith – and four grandchildren.

Bob is a lifelong resident of Licking County who graduated from Newark High School and The Ohio State University. A former LMHS employee, he retired as Vice President Human Resources & Development, but continued to serve the organization as a member of

the Board of Directors until 2010 and is the current Chair of the LMH Development Council Executive Committee. Bob also has served the community as Vice Chair of the Energy Cooperative Operation Feed Roundup Board, the Immediate Past President of the Licking Knox Goodwill Board, Past President of the Newark Rotary Club and Past Rotary District Governor. He has been honored as the recipient of the 2010 LMH Lifetime Achievement Award, the John Alford Grand Illusion Cancer Research Award, the Licking County Good Scout Award, the Newark High School Outstanding Citizenship Award and the Licking Knox Goodwill Pat Wolfe Award of Excellence.

Trish was born in Detroit, Michigan, but moved to Newark as a child and graduated from Newark High School before attending both Miami University and The Ohio State University. She retired from Park National Bank and has been involved in the community as a past treasurer of the Philanthropic Educational Organization Chapter DL, the Progressive Club, and the 20th Century Club. Trish also is a past member and President of TWIGS 14 at LMH, and participates in Monday Talks.



## The Caduceus Society

The Caduceus Society was created in 1990 by the LMH Development Council to give special recognition to Licking Memorial Honorary and Active Medical Staff who support LMHS' mission to improve the health of the community by pledging a minimum of \$10,000 over a period of 10 years. This group of physician leaders continues the tradition of healthcare excellence by providing funds for the latest medical technology.

### Courtney and Thomas Hagele, M.D.

Courtney and Thomas Hagele, M.D., accepted a glass recognition piece from LMHS President & CEO Rob Montagnese (left) and LMHF Board Chair Patrick Guanciale (right) in appreciation of their commitment to the Caduceus Society. The Hageles reside in New Albany with their children – Helena, 4; and James, 1.

Dr. Hagele joined Licking Memorial Dermatology in July 2016. He received both his Doctor of Medicine degree and Master of Business Administration degree with a focus in health care at Wright State University Boonshoft School of Medicine in Dayton, Ohio. Dr. Hagele completed an internship in internal medicine at The Ohio

State University Wexner Medical Center. He also completed a residency in dermatology and served as chief resident at University of South Florida College of Medicine in Tampa, Florida. Dr. Hagele is board certified in dermatology and has a special interest in complex skin cancer, dermatologic surgery and cosmetic dermatology. He is a member of the American Academy of Dermatology, the American Society of Dermatologic Surgery, the American Society of Mohs Surgery, the American Society of Pediatric Dermatology and the American Medical Association.

Courtney joined the LMHS Process Improvement Department in January 2017

as a Risk Manager to provide education and legal advice to medical staff and employees. She received her Bachelor of Arts in Psychology and Criminology from The Ohio State University, and her Juris Doctorate from the University of Dayton School of Law before passing the Ohio Bar in 2010. Courtney is a member of the Ohio State Bar Association, the American Bar Association, the Licking County Bar Associations and the Ohio Society of Healthcare Risk Managers.



LMHS is proud to acknowledge those who make significant contributions to support its mission to improve the health of the community. Charitable contributions to LMHF are tax-deductible to the extent allowed by law. Contributions are used for capital expansion, renovation projects or equipment needs. Contributions are not used for operating expenses, salaries or other day-to-day expenditures.

# Donors

Undesignated contributions to Licking Memorial Health Foundation benefit new technology at Licking Memorial Hospital. This section highlights our donors and their very generous gifts, which were recently received.

## Capital Improvement

TWIGS 6

## Cradle Roll

In honor of Emma Rae Miller  
By: Sheila and Ron Miller

## General

William and Constance Acklin  
AmazonSmile Foundation  
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Anonymous  
Kirkersville Child Study Club  
Kroger Community Rewards  
Park National Bank  
Larry and Penny Sargent  
Marvin and Terry Snow

## Grants

Ohio Network of Children's Advocacy Centers

## Memorial

In memory of Fred Davis  
By: April Adams  
Thomas and Christine Adams  
Sarah M. Rapp

## Paving Our Future

In honor of Lori A. Powell-Veits  
By: Christina Veits



# Annual Golf Gala Supports LMH

The Licking Memorial Hospital (LMH) Development Council hosted the 2018 LMH Golf Gala at the Denison Golf Club at Granville on June 18. The annual golf outing raised funds to benefit a new state-of-the-art nurse call light system at LMH that ensures a rapid alert process notifying physicians and staff of a patient's condition and needs. A touch screen station in all patient rooms connected to LMH's electronic medical record will allow the staff to quickly access important information about the patient's care. Physicians and nurses can use the system to send alerts to other staff members when help is needed. The system also will be used in conjunction with a colored lighting system mounted above the door in the hallway to designate patients who might need extra assistance for safety reasons, such as a fall risk or concern about infection.

"We are extremely grateful for your partnership in our mission to improve the health of the community," Licking Memorial Health Systems President & CEO Rob Montagnese told the 118 golfers in attendance. "Your overwhelming support of the 2018 LMH Golf Gala allowed us to exceed our fundraising goal, and will assist with the purchase and installation of a new nurse call light system at LMH that will help ensure our patients receive safe and effective care."

The Honorary Chairs of the 2018 Golf Gala were Ann and Tom Mullady. Ann recently retired as a Legal Secretary and Office Manager at the Law Office of Alan P. Gustafson in Utica. Originally from Northwestern Ohio, she was born in Toledo and graduated from Genoa Area High School. Ann is a member of St. Paul's Lutheran Church. Tom is a native of Flushing, New York, but he and Ann have called Licking County home for 33 years. Since retiring from the Owens Corning Newark plant, he has remained active in the community as a member of the LMH Board of Directors, LMH Development Council Community Relations Committee, United Way of Licking County, Newark Rotary, Licking County Board of Health, Newark Township Zoning Committee and the Newark City School District Strategic Planning Committee. Tom graduated from Manhattan College with a Bachelor of Science degree in chemical engineering. He also is a veteran of the U.S. Marine

Corps. Ann and Tom reside in Newark with their two Bernese Mountain Dogs. Together, they have three grown children – Erika, Sean and Megan.

A total of 32 teams participated in the 18-hole scramble. Following the round, participants enjoyed a steak dinner, as well as an awards ceremony featuring team and individual awards. The Echo 24 team, which included Mike Dallas, Tony Gunter, Michael Lyden and Gary McRoberts, secured first place. Each team member received a trophy and a round of golf at the Denison Golf Club at Granville. The Frontier Remodeling team of Tom Barnhill, Tom Branham, Rob Justice and Jack Treinish took second place. Each team member received a round of golf at The Links at Echo Springs. Unfortunately, there was not a winner for the Hole-in-One prize, a two-year lease for a new 2018 Honda Accord EX-L offered by John Hinderer Honda. Prizes were awarded for the following categories:

Closest to the Pin – Tom Branham, of the Frontier Remodeling team, received two rounds of golf with a cart at Wyandot Golf Course.

Longest Drive (Women) – Julie Kibler, of the Inn at Chapel Grove team, received two rounds of golf at Kyber Run Golf Course.

Longest Drive (Men) – Ryan West, of the All Weather Systems team, received two rounds of golf at Kyber Run Golf Course.

Longest Putt – Rob Baladao, of the Waste Away team, received two rounds of golf with a cart at Wyandot Golf Course.

This year's **Club Sponsor (\$7,500)** was Denison University. **Ace Sponsors (\$5,000)** included Frontier Remodeling Co.; John Hinderer Honda; Dr. Donald G. & Patsy Jones; Matesich Distributing Company; MedBen; Park National Bank; Stedman Floor Co., Inc; Jack W. Stickle, II; and Surgical Interventions, LLC. **Eagle Sponsors (\$2,500)** included All Weather Systems; AssuredPartners; Claro Healthcare; Claypool Electric; Columbus Springs Hospital; Courtesy Ambulance, Inc.; Delta Dental; The

Energy Cooperative; Gutridge Plumbing, Inc.; Interim Healthcare of Newark; The Jerry McClain Companies; Kessler Sign Company; Limbach Company, LLC; Mill Tech, LLC; Northpoint Ohio; PNC Bank; Robertson Construction; Scott Peterson of General Graphics; Shumaker Construction, Ltd.; SmartBill, Ltd.; US Foods; Vocera Communications, Inc.; and Waste Away Systems. The **Driver Sponsor (\$1,500)** was Coughlin Chevrolet in Pataskala, the **Links Sponsor (\$1,500)** was Greenfield/Lewis Investment Counsel, and the **Pro Sponsor (\$1,500)** was Arlington/Heath/Tuscany Gardens. **Birdie Sponsors (\$1,000)** included Brett Lowe Mechanical, Inc.; Canteen/Franklin Services; Coca-Cola; Corna Kokosing Construction; NBC4 WCMH TV; Reese Pyle Meyer PLL; 89.3 The River; Rotary Club of Newark, Ohio; Staples Business Advantage; Sunny 95; TAD Sports; and WHIZ Media Group.

The LMH Development Council was established in 1987 to increase charitable giving to the Hospital, and to enhance and promote meaningful community relations for the Hospital. Approximately 75 community volunteers serve on three Development Council committees: Annual Support, Community Relations, and Education and Membership.



## CLUB SPONSOR (\$7,500)

Denison University

## ACE SPONSORS (\$5,000)

Frontier Remodeling Co., Inc.  
John Hinderer Honda  
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Stedman Floor Company, Inc.  
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Surgical Interventions, LLC

## EAGLE SPONSORS (\$2,500)

All Weather Systems  
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Coughlin Chevrolet in Pataskala

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The Inn at Chapel Grove  
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Mutual Horizon Benefit Services

## 2018 Golf Gala Sponsors

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Bang, D.D.S.  
The Works  
Wyandot Golf Club



The first-place Echo 24 team included Mike Dallas, Tony Gunter, Michael Lyden and Gary McRoberts.

# Development Spotlight – Jay Young

**Jay Young** joined the Licking Memorial Hospital (LMH) Development Council Annual Support Committee in 2018. As a 34-year resident of Licking County, Jay has become an active community member through various organizations including the Licking County Foundation Investment Committee, Leadership Board of Our Futures of Licking County, Newark Health Rotary, Food Pantry Network of Licking County, United Way Finance Committee, Jersey Baptist Church and a mentor for the Young Leaders of Licking County.

Jay's service began with an interest in the Development Council because of LMH's dedication to the community. "I have been very active within the community for the past 12 years, and I have seen that the Hospital is vital to the people of Licking County. LMH is the shining star of the community and I wanted to become a part of the Hospital family."

As a new member, Jay has been impressed with the dedication of Development Council members and the wealth of knowledge provided to

members. He sees an enthusiastic approach among members who want to make health-related educational opportunities available to the community. "LMH offers various educational opportunities for Licking County, which aligns very well with my personal mission to help our community. LMH has put a stake in the ground to make the community a healthier place and I love being a part of that mission."

Jay graduated from Groveport Madison High School, located in Franklin County. After high school, he attended Franklin University to earn a degree in accounting. He currently serves as President and CEO at TrueCore Federal Credit Union in Newark. He is a Certified Chief Executive (CCE), Certified Union Development Educator (CUDE) and Certified John Maxwell Leadership Trainer. Jay resides in Johnstown and enjoys spending time with his family.



Local residents enjoyed the July Walk with a Doc Event on the TJ Evans Trail starting at Wildwood Park in Granville. Bradley Lawson, M.D., of Licking Memorial Otolaryngology, discussed surgery for thyroid and parathyroid disorders during a casual 40-minute walk. Dr. Lawson and Kenneth Parker, M.D., provide care for patients with disorders of the ears, nose and throat at Licking Memorial Otolaryngology, located at 36 McMillen Drive.

The monthly program will continue throughout the upcoming months with a variety of physicians, topics and locations. Please refer to the back page of the **Community Connection** for more information.



## LMHS Announces Leadership Promotion



Licking Memorial Health Systems (LMHS) is pleased to announce the promotion of Holly Slaughter to the position of Vice President Safety & Security and Human Resources.

Holly joined LMHS in 2007 as a Human Resources Specialist, and was promoted in 2008 to Recruitment & Retention Manager in the Human Resources Department. In 2010, she again was promoted to Director of Human Resources, with responsibility for overseeing the organization's compensation program, recruitment and retention, employment practices, employee relations, employee development programs, and compliance with

all applicable statutory and legislative regulations. In 2016, Holly was promoted to Assistant Vice President Human Resources, continuing to oversee Human Resources, while also becoming responsible for Safety and Security.

Holly graduated from Ohio Dominican University in Columbus with both a bachelor's degree in business administration and a Master of Business Administration. She is a member of the Society of Human Resources Managers, American Society for Healthcare Human Resources Administration and the Licking County Human Resource Management Association. She serves as Vice President on the Licking County Aging Program Board of Directors and as the Project SEARCH Steering Committee Co-Chair. Holly lives in Heath with her husband, Jason, and their two children.

## LMHS Helps Support Licking County Relay for Life

The Licking County Relay for Life event took place at Indian Mound Mall on July 28 and 29. Relay for Life, the signature event of the American Cancer Society, features continuous walking with the goal of raising funds to benefit cancer research through sponsorships and donations.

During the opening ceremony, Frances Horenstein, M.D., of Licking Memorial Gastroenterology, offered words of encouragement to the attendees. This year's event featured 24 teams with 243 participants – some of whom were cancer survivors themselves – in addition to the many friends and family members whose lives have been impacted by cancer. Together, they raised over \$61,393 toward a goal of \$108,000 for cancer research. The event included fun games, a superhero costume contest and a food truck for the participants to enjoy. Some attendees also took part in an honorary Survivors Lap to recognize those who have won the fight against cancer, as well as a Luminaria Ceremony in remembrance of lost loved ones.

Licking Memorial Health Systems (LMHS) is dedicated to the early detection and treatment of cancer. In addition to excellent patient care, LMHS provides free community education programs on

topics including colorectal cancer and skin cancer. Cancer screenings include free mammograms to qualifying women with financial need.





# Retiree Spotlight – Elaine Denman

**Elaine Denman** grew up in Licking County. She always felt a sense of community and a desire to serve and care for others. She spent time as an emergency medical technician, and as a caretaker in a nursing facility before taking a position at Licking Memorial Hospital (LMH) as a point of care technician. While working the night shift, Elaine attended Ohio University – Zanesville and obtained her nursing degree. She spent a total of 28 years with LMH including time in the Coronary



Care Unit and as part of the nursing staff in the Intensive Care Unit.

Elaine recently retired from 2-West, and although she misses her co-workers and patients, the timing of her retirement worked out perfectly for her family. Her two daughters, Tricia and Tiffany, now have daughters of their own. Elaine and her husband, Ernie, who also retired recently, now are able to spend several days a week caring for their 1-year-old granddaughter, Adeline, who lives in Gahanna. The couple also travels often to visit 7-month-old, Elle, in Washington, D.C. “I feel busier now than I felt while working; although, I do still have the feeling that I have to return to work after a visit or trip,” Elaine said of retirement. In addition to her grandchildren, she also cares for her mother.

During her career with LMH, Elaine witnessed many advancements in patient care. Her first experience as a nurse included using paper flow charts to track a patient’s medicines, treatments and vital information. That soon changed with the introduction of computers and programs designed to not only track basic information, but also alert staff of possible concerns. “New technology, equipment and procedures are saving more lives

than ever, and recovery times are much shorter. It is amazing seeing the benefits and rewards of these advances for better care,” Elaine said. When the Hospital first started using computers, it took time to adapt and was challenging for some staff members to use the equipment. Now, the staff would find it difficult to complete daily duties without using the available technology.

As for her own accomplishments, Elaine considers growth and learning her most valuable achievement. “You cannot know everything with the vast amount of conditions and needs in the medical field. If you are not learning every day, you are not supplying the best care possible for the patient.” The commitment to growth and providing the most up-to-date equipment and procedures throughout LMH encouraged her to stay with the organization for so long. Elaine appreciated the respect and care the leadership displays for every staff member.

Since her retirement, Elaine has found time to enjoy some relaxation. She and Ernie spent 18 days visiting beaches in Florida, including Naples. She hopes to continue traveling and spending time with her daughters and granddaughters, and eventually volunteer in the community.

# LMH Volunteers

During the summer, six high school students donated their time as volunteers at Licking Memorial Hospital (LMH). The students offered support in a variety of services including greeting visitors at the reception desk, offering directions to patients, providing wheelchair assistance and more.

The LMH Volunteers include:

- Rachel Allen
- Emily Heeralal
- Azaria Mango
- Megan McCament
- Nicholas Summers
- Matthias Young

Many of the volunteers have an interest in pursuing a career in health care. The students were placed in areas that provide first-hand experiences related to their interests. Certain departments, such as Laboratory and Oncology, utilized the volunteers to transport specimens. The students also assisted in the Volunteer Office helping a variety of departments with special projects and hospital deliveries.

Azaria Mango applied as an LMH volunteer to prepare for a future career. “I plan on pursuing a medical career, so I wanted to get a better understanding of

daily hospital life,” said Azaria. “My favorite part of volunteering is interacting with different patients and being able to put a smile on their faces when I help them.”

Students at least 16 years old are eligible to become a member of the LMH Volunteer Department. A volunteer application, reference and background checks, and training are also required prior to assuming the responsibilities as an LMH Volunteer.

Many rewarding volunteer opportunities are available at LMH for teens and adults. To learn more about these opportunities, please call (220) 564-4044, or visit [www.LMHealth.org](http://www.LMHealth.org) and select “About Us” then “Volunteers” from the menu.

Pictured left to right are: Megan McCament, Azaria Mango, Rachel Allen, Emily Heeralal and Matthias Young. Not pictured: Nicholas Summers.



# LMHS Retirees Reunite at Annual Dinner



More than 100 Licking Memorial Health Systems (LMHS) retirees gathered at the Annual Retiree Dinner on July 16 to reconnect with former coworkers and learn about new developments within LMHS. During the event, Vice President Human Resources & Support Services Anne Peterson welcomed and thanked retirees for their years of service to LMHS. Director of Pastoral Care Jeff Smith offered a prayer for retirees at the beginning of the celebration.

During the event, LMHS President & CEO Rob Montagnese outlined current projects, including the expansion of the Licking Memorial Medical Campus at 1717 West Main Street in Newark. The expansion will provide physical, occupational and speech therapies,

additional space for physician practices and a Wellness Center for visitors and employees.

Rob also expressed appreciation to the retirees. “LMHS retirees have had a significant impact on the success of the Hospital,” said Rob. “The hard work and dedication of the retirees have given their successors an understanding of what an LMHS employee should be—a leader who strives to improve the health of the community.”

LMHS is one of Licking County’s largest employers with more than 2,000 employees. To learn about employment opportunities, please visit [www.LMHealth.org](http://www.LMHealth.org).

# Volunteer Spotlight – Dolly Landrum

**Dolly Landrum** has been making a difference at Licking Memorial Hospital (LMH) through her volunteer service since 2014. She has accumulated over 422 hours of service while volunteering with the Granville Thrift Shop every Friday. “I love to talk to people, and my role at the Thrift Shop allows me to interact with customers and learn their stories.”

Dolly was born in Somerset, Kentucky, but later moved to Southwest Ohio and attended Kings High School in Kings Mills, Ohio. She met her husband in Dayton where they remained until relocating to Licking County. Once settled in Heath, Dolly became the Executive Director at the American Cancer Society of Licking County which allowed her to interact with volunteers, employees and community members.

Dolly’s LMH volunteer experience has been formed by her interaction with fellow volunteers and customers at the Thrift Shop. “I am a very active person, and I am always looking to do something or socialize with people,” said Dolly. “This

volunteer opportunity allows me to stay active and talk with many nice individuals in Licking County.”

She offers a piece of advice for those who may be interested in volunteering, “There are so many great opportunities to help and there is always someone that you can assist. At LMH, I found that this opportunity allows me to interact with people and lend a listening ear to help others who need it.”

Dolly likes to spend her time doing various outdoor activities. She also enjoys spending time with her family including her three children, five grandchildren and eight great grandchildren. She is an active member of First Baptist Church of Heath and volunteers in their food pantry program.



# LMHS Participates in Pataskala Street Fair and Parade

Licking Memorial Health Systems (LMHS) staff members joined in the fun of the annual Pataskala Street Fair from August 15 to 18 by providing an informational booth that highlighted the healthcare services available at the Pataskala Health Campus. Dermatologist Laurie Schaeffer, D.O., and Emergency Medicine Physician Kevin Finley, M.D., also supported the community event by participating in the Pataskala Street Fair Parade on August 18.

Located at One Healthy Place, off State Route 16 on the east side of Pataskala, the Pataskala Health Campus offers a range of services, including: Licking Memorial Urgent Care, Licking Memorial Pediatrics, Licking Memorial Women's Health, Licking Memorial Family Practice, Licking Memorial Physical Therapy, Licking Memorial Dermatology, Licking Memorial Ultrasound Services and Licking Memorial Hospital Laboratory Services.



# LMHS Purchases Hartford Fair Steer Pool Grand Champion

At the 160th Hartford Fair, Licking Memorial Health Systems (LMHS) purchased the Steer Pool Grand Champion for \$5,444.80. Owned by Chelsea Graham, the steer weighed in at 1,322 pounds. A resident of Frazeytsburg, Chelsea is a member of Valley Traditions 4-H Club. LMHS plans to donate the beef to the Salvation Army of Licking County.



LMHS and the John W. Alford Center for Service Learning at Denison University invite you to Family Movie Night for a FREE screening of



**on a two-story inflatable big screen!**

**Inflatable fun areas and games also will be available at this Thursday event to start the weekend early since local students have no school on Friday!**

**Date:** Thursday, October 18

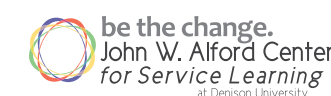
**Time:** Arrive at 6:00 p.m. for fun and games  
The movie will begin at 7:15 p.m.

**Location:** Bryn Du Mansion front lawn,  
537 Jones Road NE, Granville

- Free health screenings will be available.
- Free popcorn and beverages will be provided.
- Please bring lawn chairs or blankets.
- Children must be accompanied by an adult.
- Alcoholic beverages, tobacco products and pets are not allowed.

**For more information, call (220) 564-1560.**

**Note:** If inclement weather occurs, the event will be held in the Bryn Du Fieldhouse.





## Licking Memorial Health Systems

1320 West Main Street  
Newark, Ohio 43055

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# Community Events

### Walk with a Doc

Saturday, September 29, 9:00 a.m.  
Blackhand Gorge, off State Route 146 on Toboso Road  
Lori Elwood, M.D., of Licking Memorial Pathology, will discuss hereditary cancer screening.

Saturday, October 20, 9:00 a.m.  
The Dawes Arboretum  
Kevin Ouweleen, M.D., of Licking Memorial Orthopedic Surgery, will discuss current concepts in orthopedics.

Walk with a Doc events are free of charge; however, registration is required. Each walk lasts approximately 40 minutes. Healthy snacks and blood pressure screenings will be provided. To register, please call LMHS Public Relations at (220) 564-1560.

### Baby Expo

Sunday, October 14, 1:00 to 4:00 p.m.  
John & Mary Alford Pavilion  
Licking Memorial Hospital  
Please see page 24 for more details.

### Movie Night

Thursday, October 18, 6:00 p.m.  
Bryn Du Mansion front lawn, Granville  
Please see page 35 for more details.

### Active•Senior Bingo

Thursday, November 8, 3:00 p.m.  
Café, Ground Floor  
Licking Memorial Hospital  
For more information or to register, call (220) 564-1560.  
Please see page 9 for more details.

### First Impressions – Maternal Child Classes

- Childbirth Education Classes
- Stork Tour
- Friends and Family Infant CPR
- Newborn Basics Class
- Breastfeeding Class
- Sibling Preparation Class

For more information or to register, call (220) 564-2527 or visit [www.LMHealth.org](http://www.LMHealth.org).

### Community Blood Pressure Screenings

Second and Fourth Thursdays of each month, 1:00 to 3:00 p.m.  
Licking Memorial Wellness Center at C-TEC  
150 Price Road in Newark  
No charge. Open to the public.

No appointment required. Call (740) 364-2720 for more details.

### Diabetes Self-Management (a four-class series)

Every Wednesday, 12:00 Noon to 2:00 p.m.  
Licking Memorial Diabetes Learning Center  
1865 Tamarack Road in Newark

Registration and physician referral are required. To register, please call (220) 564-4722. For information on course fees, call (220) 564-4915. Fees vary depending on insurance coverage.

### Ask the Doc

Second and fourth Saturdays of each month, 9:00 to 10:00 a.m.  
No charge. Open to the public.  
Shepherd Hill, 200 Messimer Drive in Newark

A physician will answer questions about chemical dependency and treatment options. Call (220) 564-4877 for more information.

For more information about any LMHS event, please call (220) 564-1560, or visit [www.LMHealth.org](http://www.LMHealth.org).

Please take a few minutes to read this issue of **Community Connection**. You will once again see why Licking Memorial Health Systems is measurably different ... for your health! **Visit us at [www.LMHealth.org](http://www.LMHealth.org).**

A publication of the LMHS Public Relations Department. Please contact the Public Relations Department at (220) 564-1561 to receive future mailings.

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